

Mediterranean Quinoa Salad

Prep: 15 minutes | Cook: 15 minutes | Chill: 20 minutes | Total: 50 minutes

Yield: 2 servings | Serving Size: 1 cup

Ingredients

½ cup uncooked quinoa, rinsed

1 cup water

½ medium cucumber, chopped (about ½ cup)

¼ cup chopped roasted red pepper or ½ cup halved cherry or grape tomatoes

1/4 cup kalamata olives, pitted and chopped

½ cup chopped fresh parsley

¼ cup crumbled feta

Dressing

1 tablespoon extra-virgin olive oil

2 tablespoons red wine vinegar

2 tablespoons lemon juice (about ½ lemon)

1 teaspoon Dijon mustard or brown mustard

Directions

- 1. Add the quinoa and water to a medium saucepan.
- 2. Bring to a boil, then reduce heat to maintain a simmer. Cook until the quinoa is tender, about 10-15 minutes.
- Remove the pan from the heat. Fluff the cooked quinoa
 with a fork and let sit to cool. You can speed up this process
 by spreading it on a baking sheet and putting it in the
 refrigerator.
- 4. In a medium mixing bowl, make the dressing by whisking together the olive oil, vinegar, lemon juice, and mustard.
- 5. Add the cooked and cooled quinoa, along with the cucumber, red peppers or tomatoes, olives, parsley, and feta. Toss gently to combine.
- 6. Serve immediately, or chill before serving if desired, up to 5 days.

Recipe Notes

- Consider substituting bulgur or barley for the quinoa, cooking it according to the package directions.
- This salad is also good with the addition of rinsed canned white beans and/or chopped pitted dates.

Nutrition Facts Per Serving: Calories: 280 | Total Fat: 14 g | Saturated Fat: 4 g Sodium: 430 mg | Total Carbohydrate: 34 g | Dietary Fiber: 8.5 g | Protein: 8.5 g

